



TOFU & VEGGIE POKE BOWL

with Toasted Sesame Dressing & Pickled Onion



Make a toasted sesame dressing



Vegetable Stock



Basmati Rice



Red Onion



Japanese Tofu



Carrot



Asian Greens



Cucumber



Sesame Seeds



Mayonnaise



Crispy Shallots

Hands-on: **25 mins**
Ready in: **30 mins**

We love poke bowls, because they're so easy to customise with your favourite flavours. This veggie version uses umami-rich Japanese tofu, Asian greens, carrot and cucumber, with a nutty sesame sauce to tie the whole thing together. (Psst, it's pronounced po-kay, according to those in the know!)

Pantry Staples: Olive Oil, Rice Wine Vinegar (Or White Wine Vinegar), Sesame Oil (Or Oil), Soy Sauce, Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE RICE

In a medium saucepan, bring the **water (for the rice)** and the crumbled **vegetable stock** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove from the heat and set aside, covered, until the rice is tender and the water is absorbed, **10 minutes**. **TIP:** *The rice will finish cooking in its own steam so don't peek!*



4 MAKE THE SESAME DRESSING

Heat a medium frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Add the **mayonnaise**, **sesame oil**, **soy sauce**, **sugar** and **rice wine vinegar (for the dressing)**. Mix well and set aside.



2 PICKLE THE ONION

While the rice is cooking, thinly slice the **red onion (see ingredients list)**. In a small bowl, combine the **rice wine vinegar (for the onion)**, the **water (for the onion)**, a **generous pinch** of **salt** and a **generous pinch** of **sugar**. Scrunch the **onion** in your hands, then add to the pickling liquid and stir to coat. Set aside until just before serving. **TIP:** *Toss the onion a few times during pickling to keep it submerged.*



5 COOK THE TOFU

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **tofu** and cook, tossing, until golden, **4 minutes**. Transfer to a plate. Add a **drizzle** more **olive oil** to the pan, along with the **carrot** and cook until tender, **3 minutes**. Add the **Asian greens** and cook until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



3 GET PREPPED

While the onion is pickling, cut the **Japanese tofu** into 2cm cubes. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Thinly slice the **cucumber** into rounds.



6 SERVE UP

Drain the pickled onion. Divide the rice between bowls and top with the Japanese tofu, carrot, Asian greens and cucumber. Spoon over the sesame dressing and garnish with the pickled onion and **crispy shallots**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
vegetable stock	1 sachet	2 cubes
basmati rice	1 packet	2 packets
red onion	½	1
rice wine vinegar* (for the onion)	¼ cup	½ cup
water* (for the onion)	¼ cup	½ cup
Japanese tofu	1 block	2 blocks
carrot	1	2
Asian greens	1 bunch (medium)	1 bunch (large)
cucumber	1 (medium)	1 (large)
sesame seeds	2 sachets	4 sachets
mayonnaise	1 tub (100g)	2 tubs (200g)
sesame oil* (or oil)	4 tsp	2½ tbs
soy sauce*	1 tbs	2 tbs
sugar*	2 tsp	4 tsp
rice wine vinegar* (for the dressing)	2 tsp	4 tsp
crispy shallots	1 sachet	2 sachets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4030kJ (963Cal)	679kJ (162Cal)
Protein (g)	30.7g	5.2g
Fat, total (g)	53.5g	9.0g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	85.9g	14.5g
- sugars (g)	16.1g	2.7g
Sodium (g)	1430mg	241mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2019 | WK42

